263 The pepper used by the Tapirapé and called by them ykaynia or ikeynia is apparently the bush red-pepper (Capsicum frutescens, Willd.). [Ed., the remainder of the paragraph on this page and at the top of p. 56 is omitted.]

[120:56] The Tapirapé are immensely fond of raw brown sugar and our salt, and eat them as soon as they get them, that is, without waiting to use them as ingredients. To my knowledge, they [171] do not replace salt with substances extracted from vegetable ashes as do the Nahuquá (Von den Steinen 2, 100), Mehinaku (ibid., 106), Kamayurá (Meyer 1, 61), and other Brazilian tribes (Staden 9, 3; Martius 2, 497). [Ed., the remainder of the paragraph and the first sentence of the subsequent paragraph are omitted.]

261 The Tapirapé, too, are great geophagists. They have no salt and suffer from worms and intestinal disorders. A wattle-and-daub house built by my companion Frederico C. Kegel alongside the village lost the clay from its walls, for the inhabitants of Tampiitaua kept breaking off small pieces all day long which they savored as though they were candy. [Ed., the remainder of p. 56, p. 57 which concludes the section in Vol. 120, and all the section in Vol. 121, pp. 79-82, are omitted.]

●146 [122:167] If we look at the Tapirapé diet from the standpoint of nutritive values, we may repeat the observation of Josué de Castro (66) about the Amazon diet in general: "It strikes one immediately as inadequate in the extreme paucity or even absence of some of the protective foods: meat, milk, cheese, butter, eggs, green vegetables, and fruits." "The amount of vitamins of the B complex contained in manioc, which is the staple food, is much smaller than that contained in cereals, rice, and wheat, the husks of which are saturated with these elements. In addition, what small quantities exist are practically destroyed in the process of preparing the flour" (ibid., 89). Also worthy of note are the following words by the same author: "... maize protein is quite incomplete, for it lacks several active acids essential to growth and organic equilibrium. Manioc, too, is very poor in proteins, poorer even than maize and qualitatively inferior to it. The Amazon dweller is saved by the fact that he does not eat pure flour as the Mexican eats maize and maize alone for days on end" (ibid., 73). In any case, various opinions were cited at the beginning of this chapter about the nutritive values of manioc flour.